



XTREME WARRIOR RACE (XWR)

OFFICIAL RULEBOOK 2026



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1. RACE FORMAT

1.1 CONCEPT

The race consists of 500 meters of running followed by 1 workout station, repeated for a total of 7 rounds. Total volume: 3,500 meters running and 7 stations. Teams must complete everything in order.

1.2 DIVISIONS

Men Doubles, Women Doubles, Mixed Doubles. Each division has Open and Age Group. Open and Age Group use the same weights and standards.

1.3 AGE GROUPS

The team age group is determined by the youngest team member on race day. Age groups: 16–29, 30–39, 40–49, 50–59, 60+.

2. STATIONS

1. Row – 750 m
2. Farmers Carry – 150 m
3. SkiErg – 750 m
4. Burpee Broad Jump – 75 m
5. Volley Wall Balls –75 reps
6. SandBag Lunges – 75 m
7. Air Bike – 65/75 calories

3. STANDARDS & WEIGHTS

3.1 OFFICIAL WEIGHTS

Farmers Carry & Lunges: Women 2×35 lb • Men 2×53 lb • Mixed 2×53 lb, Women 25 lb, Men 45 lb
Mixed 45 lb

Wall Balls: Women 10 lb • Men & Mixed 15 lb • Height of bar to clear: 7 ft (2.44 m).

3.2 STATION RULES AND REGULATIONS

1. Complete all workout stations in the correct order.
2. Enter and exit each workout station via the correct routes.
3. Exiting a workout station via the workout station 'IN' will result in a 2-minute time penalty.
4. Complete the prescribed number of repetitions and/or distances.
5. Perform each exercise according to the movement standards.
6. Perform the exercises/movements using the correct weight[s].
7. Only use a piece of equipment/lane/wall ball station assigned by a member of the Race Crew. Failure to do so will incur a 2-minute penalty per infringement.
8. Only event-provided chalk may be used, and only at the workout stations where it is provided. Chalk is not to be taken to or used at any other workout stations. Doing so will incur a 2-minute penalty per infringement.
9. To avoid creating slip hazards for other racers and staff, the fluids provided at aid stations are for drinking only. They are not to be used for active cooling [e.g. pouring water over the head or body]. Doing so will incur a 2-minute penalty per infringement.
10. Both Doubles Team Members [DTMs] must run together for the entire 500m between each workout station. If one team member runs ahead, a 1-minute penalty will apply, as this changes the dynamic of a Doubles race.

3.3 RUN

- 1 After the run, both team members must enter the workout station together. The workout cannot begin until both are present. The station can only be exited once all reps or distance are completed, and both team members must leave together.
2. If a Doubles Team accrues more than 3 penalties for not staying together, they will be deemed Out Of Competition and will not receive A RANKING.

3.4 JUDGING

Judges validate all reps and distances. Their decisions are final. Sloppy reps may be no-rep.

3.5 PENALTIES

Skipping stations or cheating results in disqualification. Missing work or not staying together results in



time penalties.

3.6 EQUIPMENT

Closed-toe shoes required. No headphones, phones, or cameras allowed.

3.7 CODE OF CONDUCT

Athletes must compete fairly and respectfully. Unsportsmanlike conduct may result in penalties or bans.

4. MOVEMENT STANDARDS, DISTANCES & WEIGHTS

It is the responsibility of each racer to complete all run segments and workout stations as prescribed, in the correct sequence, and to clearly demonstrate that all required movement standards are being met throughout the race.

Any execution of a run or movement that deviates from the prescribed standards, appears unusual or uncommon, or appears to provide a competitive advantage will not be recognized. Such actions may result in either a no rep or a time penalty, depending on the station.

Additionally, equipment and lane assignments for each station will be determined by the Head Judge and their team. Racers are not permitted to choose their own equipment or lane under any circumstances.

4.1 ROWING

DISTANCE 750 m

1 Prior to starting, the monitor will be reset by the Judging Team.

2 Athletes' feet must be on their rowers' foot plates and their backside on the seat before taking hold of the rower handle. Their feet must remain on the foot plates at all times.

3 After completing 750m, the athlete must remain seated and raise their arm to request a Judge to confirm that the required distance has been completed.

4 The athlete may only dismount their rower and leave the workout station after receiving the Judge's confirmation of completion.

5 The resting athlete must remain in the marked area behind the working athlete at all times. They are not permitted to obstruct other athletes—doing so will be treated as an infringement.

6 It is not permitted for athletes to pass the rower handle to each other, adjust the damper or adjust the footstraps for each other—doing so will be treated as an infringement.

ATTENTION

1 The damper setting on the ergometer is preset to Resistance 5. This may be adjusted as many times as desired by the working athlete [only].



2 The footplates will be preset to Position Number 4. Athletes are permitted to adjust the footplate to their preferred setting before beginning.

ROWER PENALTY PROTOCOL

- 1 An athlete’s first infringement will result in a formal warning.
- 2 A second infringement will result in a 15-second penalty.
- 3 Each subsequent infringement will incur an additional 15-second penalty–no further warnings will be issued.
- 4 If the athlete leaves before completing the 750 meters, they will receive a time penalty, or they may be disqualified, depending on the severity of the violation.

4.2 KETLEBELL FARMERS CARRY

DISTANCE 150 m

Depending on the venue, achieving 150 meters may involve multiple laps. It is the racer’s responsibility to familiarize themselves with the athlete map and complete the required number of laps. It is the racer’s responsibility to select the correct weight of kettlebells appropriate for their division–see options for weights/colors below.

- 1 The kettlebell Farmers Carry begins and ends with the removal/return of the kettlebells from the marked box next to the workout station start/finish line.
- 2 The athlete has to carry both kettlebells at all times while they move.
- 3 Kettlebells must be carried with both arms extended by the athlete’s sides.
- 4 Putting down the kettlebells to rest is permitted so long as the kettlebells do not move forward when placing them on the ground.
- 5 During each Kettlebell transition between athletes, the KBs must not be passed forward. Sideways or backwards is permitted, never forwards.
- 6 The resting athlete must walk behind the working athlete at all times. It is not permitted to obstruct other racers e.g. walking alongside the working athlete. Doing so will constitute an infringement.
- 7 The workout station is completed once the racer carries the kettlebells across the finish line and returns them to the correct box, ensuring that the handles remain in the upright position.

Category	Weights (lb)
Women-Women	2 x 35
Men-Men	2 x 53
Mix pairs	2 x 53

4.3 SKIERG

DISTANCE 750 m

- 1 Prior to starting, the monitor will be reset by a Judge.
- 2 The athlete must have both feet on the SkiErg platform at all times during the exercise. Lifting the feet during the execution of the exercise is allowed. The athlete's heels are permitted to hang over the edge of the SkiErg base but must not come into contact with the floor.
- 3 After completing the required distance, the athlete must remain with both feet on the platform and raise an arm to signal to a Judge that the required distance has been completed.
- 4 The athlete may only leave their SkiErg upon receiving the Judge's confirmation of completion.
- 5 The damper setting on the ergometer is preset to resistance 6 for all divisions - this may be adjusted as many times as desired by the working athlete [only].
- 6 The resting athlete remains in the marked area. It is not allowed to pass the SkiErg handles from one athlete to the other.

SKIERG PENALTY PROTOCOL

- 1 If the racer's feet move from the SkiErg base, this will result in a formal warning.
- 2 A second infringement will result in a 15-second penalty.
- 3 Each subsequent infringement will incur an additional 15-second penalty—no further warnings will be issued.
- 4 If the racer leaves before completing the 750 meters, they will receive a time penalty or be disqualified, depending on the severity of the violation.

4.4 BURPEE BROAD JUMP

DISTANCE 75 m

- 1 The first athlete must start by completing a burpee.
- 2 The first burpee of each section starts with both hands placed on the ground/contrasting coloured tape behind the white start-line, with the athlete's chest on the ground [see Fig 001].

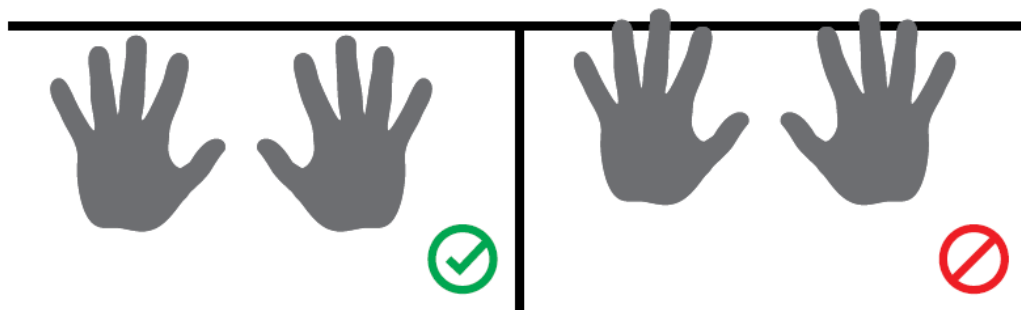


Figure 001

a In this context, 'chest on the ground' is defined as the nipple line making clear contact with the ground.

- 3** The athlete may then jump or step out of the burpee before broad jumping forward over the start line. During all broad jumps, both feet must be parallel for taking off and landing [see Fig. 002]. No staggered foot positions, additional steps, or shuffles are permitted at any time.
- 4** Athletes are permitted to use a knee when coming out of the bottom of the burpee position.
- 5** When jumping or stepping out of any burpee, the feet cannot go beyond the racer's fingertips [overstepping] [see Fig 003].
- 6** When starting all subsequent burpees, the athlete's hands must be placed no more than 30 cm (11.8") forward of their toes.
- a** The 30 cm measures from the base of the athlete's palms where their hands meet their wrists [see Fig 004].
 - b** Once the hands are placed on the ground, they cannot be moved forward.



Figure 002

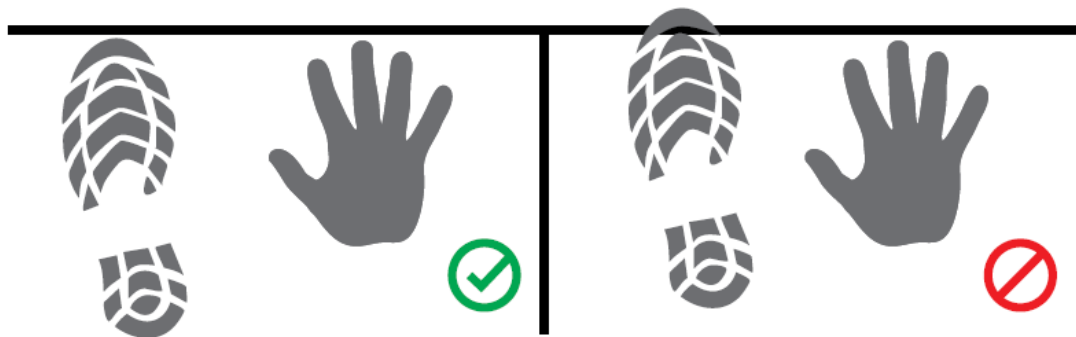


Figure 003

- 7** The athlete may then jump or step backwards into the burpee position. In the bottom of all burpees, the athlete's chest must clearly touch the ground.
- 8** If grid lanes are in place, they are there as a guide only - it is not mandatory to stay in the same lane i.e. a faster athlete can cross lanes to overtake a slower racer.
- 9** The length of each broad jump is up to the racer.
- 10** Where turning points are used at the end of each section, athletes are not required to perform the movement around them. However, the athlete must jump across every white start/finish line with both feet fully crossing the line at the end of the section before turning. Each new section must begin from

the designated start line position—chest on the ground with hands placed behind the white line [see Fig 005].

11 The workout station is completed once the working athlete jumps over the finish line. If either foot lands on the finish line, another burpee broad jump must be completed.

12 The resting athlete must walk behind the working athlete at all times and must not obstruct other athletes e.g. by walking alongside their working athlete. Doing so will constitute an infringement.

13 When transitioning between athletes, the resting athlete will begin by placing their hands where the working athlete's feet landed, toes and fingers in line. Failure to do so will be treated as an infringement. It is the athlete's responsibility to make it clear for the Judges that they are meeting all movement standards.

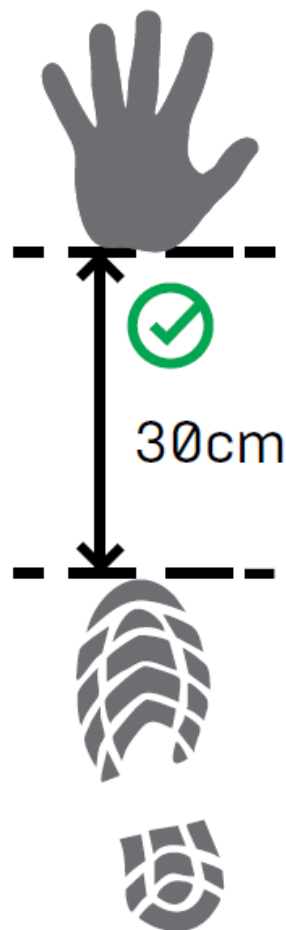


Figure 004



Figure 005

BURPEE BROAD JUMP PENALTY PROTOCOL

- 1 An athlete's first infringement will result in a formal warning.
- 2 A second infringement will result in a 15-second penalty.
- 3 Each subsequent infringement will incur an additional 15-second penalty—no further warnings will be issued.

4.5 VOLLEY WALLBALLS

75 REPETITIONS

- 1 It is the athlete's responsibility to ensure they have selected the correct weight of wall ball relevant to their division.
- 2 The athlete must start by standing tall [hips and knees extended], holding the wall ball with both hands [see Fig 006], i.e., it is not permitted for athletes to pick the wall ball up from the ground and immediately throw it.
- 3 The athlete then squats below parallel and throws the ball [with both hands] as they stand up, over the bar of the wallball rig. When his partner catches the ball, it counts as one repetition.
- 4 After the ball is received by the partner, the athlete either initiates the movement again or alternatively, the athlete releases the wall ball to hit the ground before starting the movement again, i.e., standing tall, hips and knees extended before commencing the squat.
- 5 At the bottom position of the squat, the athlete's hips must descend lower than their knees [also known as; below parallel or below 90°] [see Fig 007].
- 6 Athletes may only proceed to the next stage once their Judge confirms that 75 valid Volley Wall Ball repetitions have been completed.

VOLLEY WALLBALL PENALTY PROTOCOL

- 1 No warnings are given; it is either a rep or a norep.
- 2 Each missing rep will incur a 15-second penalty.

Category	Weights (lb)
Women-Women	10
Men-Men	15
Mix pairs	15

4.6 SANDBAG LUNGE

DISTANCE 75 m

The Sandbag Lunge begins and ends with the removal/return of the sandbag from the marked area next to the start/ finish line.

- 2 The ATHLETE starts by standing tall with both feet behind the line before beginning their first lunge across the start line [see Fig 008].
- 3 During each lunge, the trailing knee must clearly touch the ground.

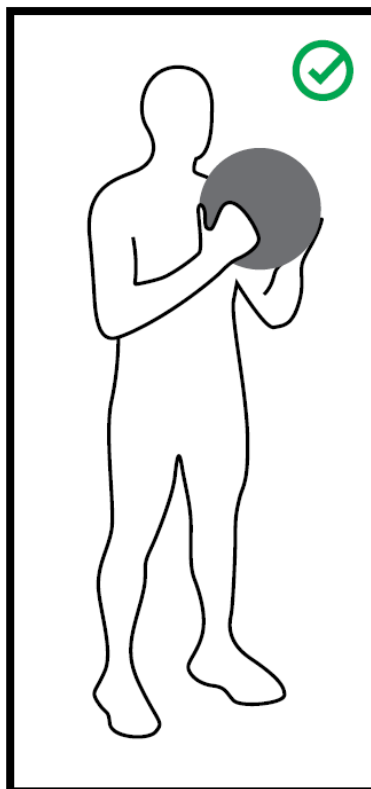


Figure 006

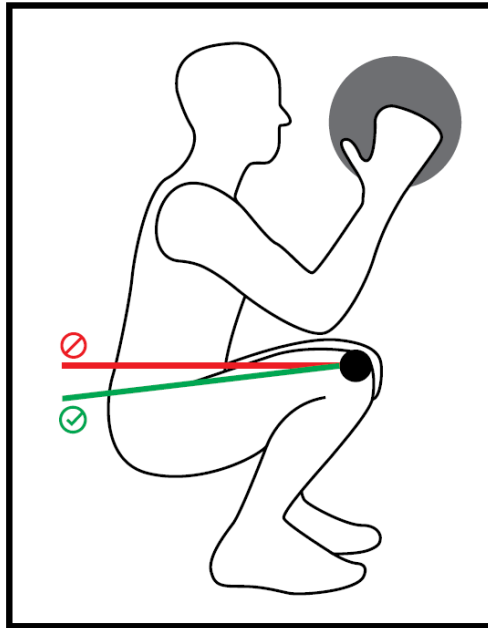


Figure 007

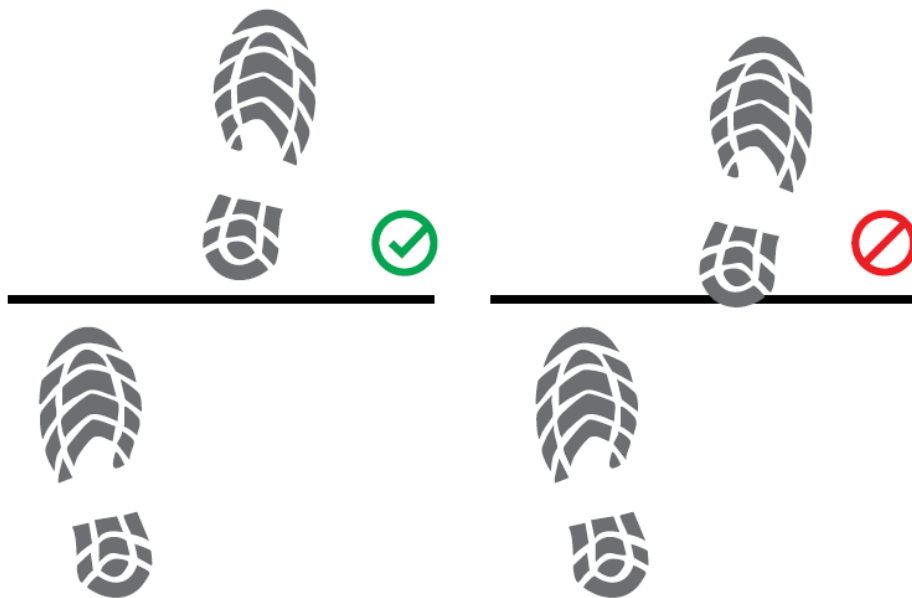


Figure 008

- 4 Each repetition ends with the athlete:
- 5 Standing tall, knees and hips fully extended.
- 6 Lunges must be alternating, i.e., alternating knees touching the ground.

- 7 The athlete can either lunge continuously or stop between each lunge with both feet parallel on the ground.
- 8 It is not permitted to take any steps or shuffles between repetitions.
- 9 It is required that the athlete's front foot must completely cross the white line at the end of each lane and the finish line.
- 10 The athlete does not need to lunge around the turning points at the end of each lane. However, they must restart each working section. with two feet behind the white line and by lunging across it [see Fig 005].
- 11 During each sandbag transition between the athletes, the sandbag must not be passed forward. Sideways or backwards is permitted, never forwards.
- 12 The resting athlete must walk behind the working athlete at all times. It is not permitted to obstruct other athletes e.g. walking alongside the working athlete. Doing so will constitute an infringement.
- 13 The station is complete once the athlete's leading foot completely crosses the finish line. They must then return the sandbag to the correct marked area.

SANDBAG LUNGE PENALTY PROTOCOL

- 1 If the athlete fails to return their sandbag to the correct area, a 30-second penalty shall apply. If a racer returns to correct their infringement before exiting the war zone, this penalty will not be applied.
- 2 If an athlete completes all/part of the Sandbag Lunge using the incorrect weight, they are required to repeat the entire workout station using the correct weight. Failure to do so will result in Disqualification [DQ].
- 3 The sandbag must remain on both shoulders at all times and the athlete is not permitted to put the sandbag down at any time during the workout station, including the turn zones.
- 4 Removing the sandbag from the shoulders will result in a 15-second penalty i.e. no warning.
- 5 A second infringement will result in disqualification.

Category	Weights (lb)
Women-Women	25
Men-Men	45
Mix pairs	45

4.7 AIR BIKE

65/75 CALORIES

- 1 Prior to starting, the monitor will be reset by the Judging Team.
- 2 Athletes' feet must be on their airbike pedals and their backside on the seat before taking hold of the airbike handles. Their feet must remain on the pedals at all times.
- 3 After completing 65/75 calories, the athlete must remain seated and raise their arm to request a Judge to confirm that the required calories has been completed.
- 4 The athlete may only dismount their airbike and leave the workout station after receiving the Judge's confirmation of completion.



5 The resting athlete must remain in the marked area behind the working athlete at all times. They are not permitted to obstruct other racers—doing so will be treated as an infringement.

6 It is not permitted for athletes to pass each other the airbike handle, or adjust the sit for each other—doing so will be treated as an infringement.

ATTENTION

1 The airbike seat can be adjusted as many times as desired by the working athlete [only].

AIRBIKE PENALTY PROTOCOL

1 An athlete’s first infringement will result in a formal warning.

2 A second infringement will result in a 15-second penalty.

3 Each subsequent infringement will incur an additional 15-second penalty—no further warnings will be issued.

4 If the athlete leaves before completing the 65/75 calories, they will receive a time penalty, or they may be disqualified, depending on the severity of the violation.

Category	Calories
Women-Women	65
Men-Men	75
Mix pairs	75